

31st Fighter Wing: The U.S. Air Force's fighter wing south of the Alps.

THE VIGILEER

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Aviano Air Base, Italy

Good to know

- During the last 30 days (Nov. 3 – Dec. 3) 31st Fighter Wing drivers were responsible for three driving-under-the-influence and five major motor-vehicle-accidents with injury. The wing, however, has not had a DUI in 18 days. Because of this, the wing has lowered the RESCON level to “Bravo”. With the holiday season here, with its social schedule, it is vitally important to continue being responsible on the roads.

Actions prescribed in RESCON “Bravo” that are now in effect are:

- Any local establishment whose primary business is serving alcohol and is determined to be a contributor to the DUI incident will be placed off limits the following weekend.

- Causer of MVA/I, or supervisor of causer, will prepare a mishap report and brief the incident at the next LCRC, commander’s call, and to the squadron commander.

- Squadron commander, deputy, or flight commander will brief traffic safety weekly.

- Strongly consider issuing telephone recall messages.

- Speed traps and checkpoints will be established on and off base.

- The Dolomiti dining facility will only serve meal card patrons because of facility construction. All cash customers are asked to plan accordingly. Normal operations will resume in mid December, pending the Buon Appetito opening. For further information, contact Master Sgt. Vatemala Ivy at Ext. 7297.

- The Dolomiti dining facility mid-night meal is temporarily concluded until the transition to the newly renovated Buon Appetito dining facility is complete. Beginning Friday, box meals are available in lieu of the midnight meal. Box meals must be ordered no later than 9 p.m. and picked up at the Dolomiti dining facility by 11 p.m.



Senior Airman Priscilla Robinson

Buon appetito at the Bella Vista

Master Sgt. Oliver Stith, 31st Services Squadron fitness center superintendent, loads up on the goodies prepared for the new collocated club, Bella Vista, opening Nov. 24.

Caring for the people who care for our people

By 2nd Lt. Lea Ann Chambers
31st Fighter Wing Public Affairs

During the fall wing commander and command chief’s conference held Oct. 22, U.S. Air Forces Europe commander Gen. Robert H. “Doc” Foglesong announced a new combat program called Combat Care in addition to the 11 existing programs.

The main objective of Combat Care is improving the care for spouses and families of our deployed members.

“At Aviano, we are planning on taking the basic Combat Care Program and enlarging the audience to include all spouses of the Aviano Team, whether the military member is deployed or not,” said

Col. Scott Chambers, 31st Mission Support Group commander.

“It’s about making sure there are programs on base for spouses and children, and for childcare so spouses can attend base events without worrying about what they will do with their kids,” said Senior Master Sgt. Ron Robertson, Aviano Family Support Center superintendent.

Combat Care brings together many base agencies and their programs aimed at caring for dependents in the Aviano family.

The 31st Medical Group along with Family Advocacy, the Family Support

See CARE, page 3

Aviano nominated for 2004 Excellence Award USAFE selects base, people for awards

Members at Aviano were recently lauded by being selected as the U.S. Air Forces in Europe nominee for the 2004 Commander-in-Chief's Installation Excellence Award.

The award encourages commanders to create an environment that promotes innovative ways of enhancing base-level services, facilities and quality of life.

It was established in 1984 by President Ronald Reagan to recognize the outstanding efforts of the people who operate and maintain Department of Defense installations, and who have done the best with their resources to support the mission.

"Men and women of the 31st Fighter Wing, my heartfelt congrats for this great achievement," said Brig. Gen. Michael Worden, 31st Fighter Wing commander. "Regardless of whether we qualify for the next level of competition, you are doing great work, and it is well recognized at

USAFE. Keep up the great efforts and don't look back!"

In addition to the installation nominee Aviano individuals, squadrons and programs were also nominated for special recognition awards.

1st Lt. Mary K. O'Brian – 31st Aircraft Maintenance Squadron

Tech. Sgt. Gary W. Bayer – 31st AMXS Government Purchase Card Team – 31st Contracting Squadron

Club Beyond Chapel Youth Program – 31st FW

Squadron Award – 31st Logistics Readiness Squadron

Beautiful Baby Showcase – 31st Medical Operations Squadron

Total Patient Management OB/GYN – 31st MDOS

Volunteer Resource Program – 31st Mission Support Squadron

Administration Branch – 31st Security

Forces Squadron

Alpine Golf Course Program – 31st Services Squadron

Aviano Youth Program – 31st SVS

Fitness Center Program – 31st SVS

Library Program – 31st SVS

Outdoor Recreation Program – 31st SVS

Susan C. Lear – 31st SVS

"Our goal in services has been to shock and awe all the customers who come into our facilities and these awards are a credit to the people who work in them," said Lt. Col. Edward Adelman, 31st Services Squadron commander. "Our goal is to be the best services squadron in the Air Force. You can never be too good."

The award winners will now go on to compete at the Air Force level in their respective categories. (Story compiled by 2nd Lt. Lea Ann Chambers, 31st Fighter Wing Public Affairs, from USAFE News Service)

CARE, from page 1

Center, Services and Aviano Youth Programs are all involved in making this initiative a success.

Combat Care takes all the programs Aviano agencies are already conducting and puts a name and a direction to their focus.

"We are going to have monthly calendars available on the internet so spouses can see what is going on ahead of time and plan to attend," said Bill Epprecht, FSC director. "It's about bringing all spouses, in the outlying areas, what we have to offer, but also giving them transportation to get here, and a parent co-op to watch their children while they are here."

By providing transportation, spouses in outlying areas without vehicles will no longer be dependent on their active duty spouses for rides to base areas.

This transportation goes beyond the current policy of allowing parents to ride the school buses into Aviano.

Epprecht said that Aviano's lack of a central base housing area, as well as its separate areas presents unique challenges to the way Aviano will implement Combat Care.

"Aviano's Combat Care is different than everyone else's. We're doing things tailored to our needs," said Chambers.

"We have a dedicated team of action officers and spouses working right now developing a carpool initiative and a Parent Child Care CO-OP. You'll be hearing a lot more about both in the next few weeks."

Combat Care exists to help the families of deployed members. Call the Family Support Center at Ext. 5407 for more information.

FSC and Family Advocacy programs

Reunion briefing

Post deployment/inprocessing briefings are presented every Monday at 10 a.m. at the Family Support Center. Spouses are encouraged to attend. The presentation can be arranged at the squadron level for entire units that are returning from deployment. Call Ext 5663 for more information.

Pre-deployment briefing

Those deploying soon who want to be proactive can call the Family Support Center at Ext 5407 to sign up for a Pre-Deployment Briefing at 9 a.m. on Wednesdays except for holidays, down days and base exercises.

Spouse's Benvenuti

The class is geared toward family members, who wish to learn about Italy in a relaxed setting while meeting others. The class includes a trip to a local market. Call Ext. 5407 for more information.

Marriage Building

Learn ways to create a more fulfilling marriage. Call Ext. 5667 to register.



Aviano Air Base Editorial Staff

Commander.....Brig. Gen. Mike Worden
Chief, Public Affairs.....Capt. Eric Elliott
Chief, Internal.....Staff Sgt. Jerome Baysmore
Editor.....Senior Airman Julie Weckerlein
Staffwriter.....2nd Lt. Lea Ann Chambers
Co-Editor.....Airman 1st Class Jessica Switzer
Public Affairs volunteer.....Martin Weckerlein
Photo support.....Visual Information Center

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The deadline for submitting information is close of business Thursday one week prior to publication. Send all information to the Vigileer at vigileer@aviano.af.mil. Faxed articles will not be accepted at all by the staff. The public affairs office is located in Bldg. 1360, Rm. 19. The *Vigileer* staff can be reached at Ext. 7344.

The public affairs staff reserves the right to edit all material in accordance with the Associated Press Stylebook.

Aviano opens quarters to new visitors

80-room first-class facility now accepting reservations

By Airman 1st Class Jessica Switzer
31st Fighter Wing Public Affairs

Aviano opens its new visitor's quarters as part of the Aviano 2000 project Tuesday.

The Mountain View Lodge is in the central area of the flightline area close to the new collocated club, fitness center and base exchange complex. The location will allow visitors walking access to these other facilities.

It is a three-story, 40,000 sq. ft. facility with 80 single suites including six distinguished-visitor suites.

Two of the DV suites and three of the regular suites are American Disability Act compliant. The suites have a separate living area, kitchenette and bedroom.

"A typical suite is 427 sq. ft., that's bigger than some

apartments in Aviano," said Ed La Rose, the facility's general manager.

The suites are equipped with televisions, DVD players, local area network connectivity, cable television, commercial telephone service and microwaves.

The suites also have in-house premium movie channels. For a fee, members can watch first run movies, much like in hotels in the U.S.

"We are the first in the Air Force to offer this service," said La Rose.

Any Department of Defense identification card holder and their families are eligible to stay in the new facility.

The project was funded jointly by NATO and the U.S. Air Force.

For more information or to make reservations members can call Ext. 4040, or e-mail at lodging@aviano.af.mil.



Ensure preparedness for Aviano's final exam

By Senior Master Sgt. Franklin Fewell

31st Security Forces Squadron

Periodically, the 31st Fighter Wing is tested by the U. S. Air Forces in Europe Inspector General. The next such "test" is scheduled for Jan. 26 to Feb. 3, 2004. The inspectors will be examining how the wing implements its surety program on a daily basis.

While preparation for this inspection is hitting the homestretch, individuals and their units have been prepping for a long time by performing their duties in a conscientious manner. The recent USAFE Staff Assistance Visit initiated an intensive, four-month preparation crunch period which includes exercises, records reviews, self-assessments and in-house SAVs.

While certain units, such as the security forces and maintenance squadrons, are more involved in inspection preparation than others, all members of the wing contribute to and are affected by the up-coming inspection. Meetings across the base are often disrupted when commanders are recalled during exercises, and certain procedures may be implemented which vary from the norm.

Have patience and understand that all are players in preparing for the inspection. By practicing these procedures now, the base will be 100 percent ready.

Preparing for an inspection is, in many ways, like an open book take-home exam. The inspector general team is not coming here to trick us rather, they will be testing and grading us on procedures performed regularly. This test, defined in Air Force Instruction 90-

201 and USAFE Supplement 90-201, produces an overall grade of Unsatisfactory or Satisfactory.

Studying for this test is quite straightforward—regulations and instructions show what is going to be on it. Additionally, the IG provides hints on how to achieve maximum credit. So how can the wing study for this test? Simply by following this guidance:

- Develop a plan for success. Simply, plan a systematic approach to inspection preparation.

- The first order of business for the inspection team is to look at the last inspection report and then verify whether the deficiencies that identified were corrected. Therefore, the priority must be to correct any of the write-ups from the last report dated August 2002, as well as the October 2003 SAV report. Solving these "test questions" demonstrates to the IG team that the wing has listened to their advice and learned from its mistakes.

- Look at the test questions missed by other units. Review inspection reports from other units. By scouring these reports, the wing can ensure that it does not miss the same questions. It can also learn where the IG may focus their attention. Finally, it can capitalize on the successes that other units experienced, learning what it takes to get exceptional ratings. With this information, the wing has the inside track on preparing for the exam.

- Talk to other units and headquarters. It is extremely useful to call counterparts at recently inspected bases to talk about "the test." Frequently, more information can be garnered from a short conversation than reading inspection reports, and such

conversations serve to fill-in between the lines of what was written in the report.

- Seek assistance. The staff assistance visit provided a valuable balance for inspection preparation. The SAV gave the benefit of their expertise. In addition, SAVs from other wing units can be of benefit in providing an unbiased look at individual areas. Think of SAVs as pop quizzes in preparation for the final exam, the inspection.

- There is no substitute for good study habits. Good study habits are those that allot a small amount of time each day to preparing for the inspection, as opposed to cramming for the test in the 11th hour. This means that now is the time to identify those long lead-time items necessary to get ready for the inspection—these include ordering the proper tools, technical orders, and regulations, along with developing plans to fix facility and equipment shortfalls. Simply put, find problems, set suspenses, and conscientiously follow-up until they are fixed.

- Show off. The best way to get extra credit on the test is to impart to the IG a positive attitude. The best way to do this is to show them more than mere compliance with required regulations and directives. Impressionable items include error-free documentation, professional briefings, and a sense of urgency and seriousness during both exercises and daily tasks.

Members of the 31st Fighter Wing has all the study tools at our disposal to garner an "Outstanding" rating on the inspection. The dedicated efforts and professionalism of each "Stand Tall, Be Proud" Team Aviano member will pay dividends in the end.

2003 tax statements available on myPay

DFAS officials compile access schedule for servicemembers, retirees, civilian employees

Defense Finance and Accounting Service officials have compiled a schedule of dates when servicemembers, military retirees and annuitants and defense civilian employees can access their tax statements through myPay.

Military members and Department of Defense civilian employees will have access to view, save and print their tax statements from myPay at <https://mypay.dfas.mil>. For assistance, users can call myPay customer support at (800) 390-2348.

"During 2003, more than 1.2 million users viewed their tax statements on myPay, and we continue to encourage users to view and print their statements online," said Pat Shine, director of DFAS' military and civilian pay services business line.

MyPay provides a secure method for users to manage their pay account information, officials said. Available around the clock, customers can make changes online, instead of visiting a finance office.

Officials are projecting the tax statements will be posted on myPay during the following periods:

- Military annuitants: Dec. 13 to 18

- DOD civilians: Dec. 24 to 29
 - Army, Air Force and Navy reserve components: Dec. 26 to Jan. 1
 - Military retirees: Jan. 1 to 5
 - Marine Corps active duty and Reserve: Jan. 13 to 21
 - Army, Air Force and Navy active duty: Jan. 16 to 26
- "Timely access to W-2s and other tax statements is another way myPay gives users control of their pay information," Shine said.

Since September, all current myPay military users and DFAS civilian employees who have a myPay Personal-Identification Number and access myPay consented to receive only an electronic W-2. They may, however, elect to receive a hardcopy W-2.

All other Department of Defense civilian employees who use myPay may elect to receive an electronic W-2 in lieu of a hardcopy W-2 through the myPay system.

DFAS is the world's largest finance and accounting operation.

The agency disburses more than \$1.38 billion per average business day.

In fiscal 2002, DFAS paid 5.7 million people, processed more than 11.2 million contractor and vendor invoices and handled nearly 7.3 million travel payments while reducing overall costs to customers by \$144 million. (AFPN)

31st Aircraft Maintenance Squadron airman acquitted of assault charges

An airman first class from the 31st Aircraft Maintenance Squadron was recently found not guilty of one charge of aggravated assault in a special court martial here.

The airman was acquitted after pleading not guilty and elected to have his case tried by a panel of officers and enlisted members.

After examining all the presented evidence, the members determined there was not proof beyond a reason-

able doubt that the accused had committed the offense and therefore acquitted him.

Legal officials noted the verdict, in this case, clearly demonstrates military members can rely on the fairness of the military justice system and trust that members and judges will carefully examine the evidence and the law when making determinations of guilty or not guilty. (31st Fighter Wing legal office.)

Sortie Board

	31st FW		510th FS		555th FS	
	Hours	Sorties	Hours	Sorties	Hours	Sorties
Goal	136.1	85	66.5	2	69.6	43
Ahead/						
Behind	-62.1	-38	-62.1	-40	0	+2

RESCON CORNER

	<u>DUIs</u>	<u>Major Vehicle Accidents</u>
Week	0	1
28 days	3	5

2 : Injuries from accidents this week

6 : Traffic complaints this week

During the last 30 days (Nov. 3 – Dec. 3) 31st Fighter Wing drivers were responsible for three driving-under-the-influences and five major motor-vehicle-accidents with injury. The wing, however, has not had a DUI in 18 days. Because of this, the wing has lowered the RESCON level to "Bravo." With the holiday season here, with its social schedule, it is vitally important to continue being responsible on the roads.

Is your spouse deployed?



Contact Combat Care at Ext. 5407

Telecom answers

A Telecom representative answers questions, requests and new installation appointments from 9 a.m. to noon Mondays and Thursdays in Bldg. 1403 next to the finance office cashier's cage.

Wash rack reopens

The wing wash rack in Bldg. 1006 opens from 6 a.m. to 11 p.m., Monday through Fridays, 7 a.m. to 4 p.m., on weekends, holidays and down days.

Aviano Thrift Shop

The thrift shop is on its holiday schedule from 4:30 to 7:30 p.m., Thursday and Dec. 17. For more information, call Ext. 5428

School board meeting

The Aviano school board meeting, open to all parents, is 5 p.m., Dec. 15 in the multipurpose room.

Dental assistant training

The American Red Cross and dental squadron are offering a six-month dental assistant training program. For more information, call the Red Cross at Ext. 5576.

HEART bake sale

The Humanitarian Essential Aid Relief Team bake sale, ornament fund-raiser and food drive is Sunday at the Base Exchange. Heart is collecting non-perishable foods, clothing, toiletries, and laundry detergent. For more information, call Melissa Hart at 333-9503124.

Christmas cottage

Aviano Air Base children under 12 are

invited to register for the Christmas cottage in Sabre Hall to enable children to purchase a gift for Mom and Dad for 25 cents. The Christmas cottage is 3:30 to 6:30 p.m., Dec. 15 and 16.

African-American Heritage Month

The African-American Heritage Month planning meeting is 9 a.m., Dec. 17 in the military equal opportunity conference room. For more information, call Ext. 5851.

Housing flight holiday schedule

The Aviano Housing Flight Offices and Furnishings Management Offices are closed Monday, and at 11:30 a.m., Dec. 17, 25 and 26.

TSP briefings

The Thrift-Savings Plan briefings are 3 to 5 p.m., Monday, 8 to 10 a.m., Thursday and 2 to 4 p.m., Dec. 12 in the wing conference room. For more information call Ext. 4480.

Breastfeeding basics class

Breastfeeding basics class is 1 to 2 p.m., Dec. 16 every month at the Sacile clinic. For more information, call Ext. 5863.

UMUC term III

University of Maryland University College term III begins Jan. 19. Registration for active-duty runs Jan. 5 to 16, open registration Jan. 7 to 16. For more information, call Ext. 5365.

Employment opportunity

Choctaw Management/Services Enterprise is currently recruiting for a Family Advocacy Nurse to join the Family Advo-

cacy staff at Aviano. Applicants must have at least a bachelor's degree and a current U.S. license, community health, family maltreatment and maternal child experience. An excellent salary and benefit package is available. Interested applicants may send a resume to: DSN: 496-6667.

Embry-Riddle

Embry-Riddle Aeronautical University offers a Bachelor of Science in Technical Management. For more information call Ext. 5140.

Holiday mailing deadlines

Parcel air packages must be sent by Thursday. Priority parcels and first class letters and cards must be mailed by Thursday. The deadline for mailing express mail is Dec. 18. Call the post office at Ext. 4086 for more information.

Post office hours for the holidays

The Aviano Main Post Office finance window opens 9 a.m. Mondays through Fridays through Dec. 19. The main post office finance window will extend hours each Thursday until 8 p.m. An additional finance window for mailing is open at the postal annex, 11 a.m. to 3:30 p.m. Monday through Friday and only accepts cash and check transactions. For more information, call Ext. 4086.

Santa mail

Children of all ages are encouraged to send their wish list and mailing address directly to Santa's home computer. Senders of wish lists received by Dec. 18 will receive a personalized postcard in the mail within two to three weeks from St. Nick himself. Children may also be able to view their names in a special section of the Stars and Stripes called "News from the North Pole." This section will be found in the Dec. 9, 16 and 22 editions of Stars and Stripes. All e-mail wish lists should be addressed to: santac@mail.estripes.osd.mil.

FSC new program

The Aviano Family Support Center's new Family Life Education Program encourages individuals to discover ways to create and maintain a loving home through classes and referral on couples' communication, family development skills, parenting and related issues. For more information, call Ext. 5407.

Construction notice

Ongoing construction in front of the commissary is planned into the spring of 2004. Contractors are installing more effective and permanent force protection measures. Expect one-way traffic on the road directly in front of the BX/Commissary during this time period. Pedestrian access to and from the BX/Commissary will be provided at multiple points across the construction zone.

Reel Times

Today - 5 p.m. "Runaway Jury" Rated PG-13

A jury member joins forces with a beautiful woman to manipulate the panel. Starring: John Cusack and Gene Hackman

Today - 8 p.m. "Once Upon a Time in Mexico" Rated R

El Mariachi is forced out of hiding by a corrupt CIA agent. Starring: Antonio Banderas and Salma Hayek

Saturday - 2 p.m. "Secondhand Lions" Rated PG

Walter finds himself spending the summer with great-uncles. Starring: Michael Caine and Robert Duvall

Saturday - 7 p.m. "Runaway Jury" Rated PG-13

Sunday - 7 p.m. "Radio" Rated PG

Radio tells the true story of a coach who befriends a mentally challenged man. Starring: Cuba Gooding Jr. and Ed Harris

Monday, Tuesday - Closed

Wednesday - 7 p.m. "The Order" Rated R

A priest travels to Rome to investigate the strange death of his mentor. Starring Heath Ledger and Shannyn Sossamon

Thursday - 11:30 a.m. "102 Dalmations" Rated G

\$1 children's movie matinee

Thursday - 7 p.m. "Runaway Jury" Rated PG-13

Dec. 12 - 5 p.m. "The Rundown" Rated PG-13

A bounty hunter travels to the South American jungle to settle a debt. Starring: Dwayne Johnson and Seann William

Dec. 12 - 8 p.m. "Radio" Rated PG

Commander's Connection

Brig. Gen. Mike Worden
31st Fighter Wing
commander



This is your direct link to let me know your comments or unresolved complaints. I will personally see each question is answered and select those of general interest to appear in the "Vigileer." All items may be edited for brevity and clarity. Comments can be submitted by: • E-mailing cc.connect@aviano.af.mil • faxing to Ext. 7083 • mail a letter to 31FW/PA, Unit 6140 Box 100, APO AE 09604-0100 or delivering to public affairs, Bldg. 1360, Room 19. You may remain anonymous upon request. However, to receive a reply, include your name, unit and phone number.

The Commander's Connection is not intended to replace the chain of command, so before contacting the Commander's Connection, talk with managers, supervisors or first sergeants.

Q: *Today my wife and I went to the new fitness center to workout. We both want to get into better shape and have been planning this for a while. We wanted to go together to motivate each other. Our only problem is our 6-month-old baby. We took him with us during an off-peak time so it wouldn't be a problem. About halfway through our workout the staff informed us that the baby and stroller were not allowed in the fitness center. I said I would take the stroller to the car and keep the baby in his carrier next to my machine. That wasn't acceptable and they said we had to leave and couldn't give us specific reasons other than the baby was too young to be in the fitness center. The baby was not using any of the equipment. He was asleep most of the time and was quiet*

when he woke up. There were never more than four other people in the cardio room. I understand not wanting small children running around, but this was an infant who stayed in his carrier the entire time. He never made any noise and if he had started crying, one of us would have taken him out of there immediately. With the new push on fitness, I think this needs to be addressed. How can people with babies workout? Maybe they can put a treadmill and stairmaster in the multipurpose room that parents can use during certain hours. My wife is devastated because she was also planning on using the fitness center while I was at work.

A: Your need is certainly a valid one and our Services professionals already have a project on the books to create a workout area with parents of small children in mind. Thanks to inputs like yours and those from past customers the fitness center is planning to expand its Area Two facility with the intention of including a room for parents to work out and watch their child. This project will begin when the new child development center - projected date March 04 - is scheduled for completion. This new facility will open up the other half of the Area Two facility currently being used for childcare. Of course with our new CDC we will also be able to offer expanded child care services to give you additional options for working out while your child is being cared for in the CDC.

AFI 34-266, Table 1.1 directs that children 13 years of age and under are prohibited from the Cardiovascular Equipment and Weight rooms. The reason this AFI exists is for the safety of the child. There is presently not enough space for a carrier or stroller in the cardiovascular or weight room that will not block a pathway to the exit or potentially cause a tripping hazard. Having a child anywhere in these areas could possibly cause physical harm to your child. We are proud of our safety record and try very hard to keep all of our patrons in a safe workout environment.

As the dominos of Aviano 2000 continue to fall, our new facilities will open and our ability to provide new customer driven programs will expand as well. Your comments are greatly appreciated and help make Aviano the best place to be.

Good sponsorship key to getting settled in

By Lt. Col. John Owens

31st Operations Support Squadron
commander

Upon arriving at Aviano in the spring of 2002, I was greeted at the passenger terminal by my sponsor, his wife, and several members of the 510th Fighter Squadron. I was officially welcomed, taken to my temporary living quarters, and later was guest of honor at a dinner that was attended by several members of the squadron. I ate good pasta, drank plenty of Italian wine, and then begged to be taken back to my room for some much needed rest. To my surprise, my sponsor had taken the time to stock my refrigerator and pantry with a few essential items necessary to make it a couple days without rushing out to the commissary.

First and foremost, as a sponsor you should make contact with the inbound member as soon as possible upon receiving your sponsorship notification. Give him or her your address, work phone, and home phone. Make sure the member feels free to contact you to ask pertinent questions. Find out the member's needs. Get a copy of his orders and open a post office box for him. Advise him to ship an automobile as

soon as possible so it is here when they arrive.

Inform the member he will need passports, visas, and maybe even an international driver's license upon arrival. As this is a timely process, advise him to begin the passport and visa process immediately upon receiving orders.

E-mail the member the online newcomer's booklet. Suggest online Websites that might be useful to him. Take a little time and put together a package of useful information about the base and the area. It is helpful to send school enrollment information to members who have school-aged children. Provide the member with information about Asilos and child care programs in the area.

Advise the member to leave behind large appliances such as microwaves, refrigerators, washers and dryers, crockpots, fans, toasters, and coffee pots. Appliances can be purchased from other departing military members and on the local economy.

Arrange for temporary-living quarters. Reservations should be made early, especially during peak PCS times. If pets cannot stay in living quarters, arrange for a kennel.

Arrange for temporary transportation if

the member's automobile will not be here upon arrival. Obtain a "loaner" car from someone in the squadron.

Take the time to meet the member at the airport and provide transportation to the temporary living quarters. Plan to take the member out to dinner along with other staff members. Going out to dinner the same day as arrival forces them to stay awake and helps them adjust to the time change better.

Plan time to take the new member to the housing office soon after arrival to start the house hunting process. Also be available to transport the member to look at houses or apartments. Give them a driving tour of the local area and explain how to get to and from the base.

Stock the refrigerator and pantry with a few must-haves for the first couple of days. Items such as milk, bread, cereal, sandwich meat, condiments, paper towel, toilet paper, and peanut butter and jelly might come in handy during the first day or so.

Sponsorship is a duty that should be taken seriously. I treat new arrivals like I would want to be treated. Anticipating your new arrivals needs before they come up will go a long way in making their tour at Aviano a memorable one.

In one disastrous night, an Aviano airman finds out the hard way that ...

Responsible drinking is more than planning ahead

By Staff Sgt. Greg Hasecuster
401st Air Expeditionary Wing

During my seven years in the Air Force, I must have heard the words hundreds of times before and, to tell the truth, I was pretty tired of hearing the same message over and over: Don't drink and drive. Have a designated driver. Call a friend. Call a cab.

After all, I was a "responsible" drinker. If I didn't walk to the club, I always had a DD. Unfortunately, I had to learn the hard way that there's more to being responsible than just having a plan.

June 28 I went out for dinner and drinks with a friend. I was finally going to pin on technical sergeant in a couple days and I figured I deserved to celebrate a little, so after dinner we went to a club. Apparently I celebrated too much because I don't remember ever leaving the club. The next thing I remember is standing outside my car with blood dripping down my face. I blacked out again and the next time I came to I was in a hospital surrounded

by people speaking Italian. All I could think was, "What the hell happened?" I knew I'd been in a car accident, but I couldn't figure out why. The club we went to was literally only a block from where I was staying.

I had no reason to be behind the wheel that night. I still don't know why I was driving or where I was going. Everybody wants to know why people drink and drive. Why risk your life, the lives of others, your career, etc.? In my opinion, the answer is simple. I drank and drove because I was drunk. I had a plan that night, but I was so drunk it didn't matter. I wasn't thinking clearly and I was no longer in control. I did not drink responsibly.

I was lucky. I didn't die in the accident and I didn't kill anybody else. Those were both real possibilities. There were consequences, though. I suffered a broken shoulder and some minor cuts. I also received an Article 15. My punishment included 45 days of extra duty, a one year suspension of my AFI license, and forfeiture of \$1,824. Plus, after all that celebrating, I never

did get to pin on technical sergeant and I received a suspended reduction to senior airman, so my staff sergeant stripe is still in jeopardy. My car, which I bought less than a month before the accident, was totaled and the insurance company gave me \$2,000 less than what I paid for it. Furthermore, every year that I receive E-5 pay versus E-6, I lose over \$4,200 in pay and allowances.

I'm sharing my story so that maybe someone can avoid being in my shoes. This has been a very costly learning experience and I've been forced to face my issues with alcohol. My hope is that by reading this article others will think a little harder about what responsible drinking really is. It's my belief that anyone who drinks like I did is heading for trouble. Whether that trouble is a DWI or some other alcohol related incident, if you drink to the point that you no longer have control, it's just a matter of time before something bad is going to happen. Having a plan is great, but it won't work if you lose control. A plan is no substitute for responsible drinking.



WHAT DO THESE AVIANO VEHICLES HAVE IN COMMON?

Answer: Drunk Drivers

Don't be the next. Have a plan. Call AADD at 0434-66-5938.

Why I don't drink and drive

By Staff Sgt. Debra Powell
31st Logistics Readiness Squadron

My friends know that I never have been a drinker. But few knew that I have never gotten behind the wheel after having anything that may alter my responses.

I made that decision many years ago because I know I do not have the right to endanger others. I know I don't want to be the one that has to tell someone that their loved one was killed by a drunk driver.

Why, you might ask am I writing this article? I was notified a drunk driver killed my brother. The really bad part was that he was the drunk driver. The good news is that he didn't injure or kill anyone else, his actions left behind a wife and kids who deserved to have him around. But he was stupid and thought he was invincible... he was dead wrong!

Deciding not to drink and drive is not a decision to be made spur of the moment. It is a commitment and life decision. Other people should not be held responsible when you decide to be stupid. I have had my Saturday morning wake up call telling me that we had a DUI. I had to throw my plans out the window to spend time in blues getting lectured, while the person who caused me to be there was "sleeping it off." I would have much rather been briefed by the person who caused me to be there so they could see everyone they effected by being stupid.

When you are planning an evening out on the town think about your mom, wife, or sister, then think about how you would feel being told that one of them was killed by someone who didn't care enough to call a friend or co-worker in order to make it home safely. Your decisions do affect others. Are the few hours of "fun" worth a life?

Tune in to ZFM 106 at 3 p.m. for
The Edge
With Adrienne Brammer

Meet the new career assistance advisor,
It's his job to make sure that Aviano Airmen are...

Keeping career vision clear and future bright

By Master Sgt. David G. Poulin
*31st Fighter Wing career assistance
advisor*

"Keeping your vision clear" is the first part of my mission statement. As your new career assistance advisor my sole purpose is to assist you, your supervisor and commander to eliminate the confusion of your career options and benefits, hence, keeping your vision clear.

The Promotion Fitness Examination describes the CAA as the commander's right-hand man for retention program information, activities, initiatives and incentives developed at the air staff, major command and local levels. In a nutshell, my job is to assist your supervisor and commander in providing you informed career counseling. I intend to achieve this partly by conducting briefings and classes. I also plan to keep everyone informed of the existing and emerging Air Force benefits and changes to entitlements by sending occasional e-mails and conducting on-going professional development workshops. I'm also in the process of building a multi-use CAA Web site. The Web page will be a one-stop-shop for career related information and career-counseling tools.

And now to the second part of my mission statement — "keeping your future bright." The career decisions you make today will affect your future. Career decisions made with partial knowledge will only yield you the partial — if you're lucky — outcome you desire. On the other hand, informed career decisions, researched and weighed carefully, will provide you with your desired outcome. I am a firm



Master Sgt. David Poulin assists aviano airmen in understanding their career options and benefits.

believer that you are in control of your career path. Many times during our careers we allow others to push us into poor career decisions. We do this by accepting the, "No, you can't do that!" and sometimes by not doing a little needed research about all the available options. This happens when we listen to the rumor mill that tells us we can't do this or that. But, if you go to your supervisor, governing Air Force Instruction, subject-matter expert, or your career assistance advisor, you may find a different answer. In any case, your supervisor or CAA may be able to suggest a couple alternative paths to your career destination. Career options are not foreign territory to me. I've had a very diverse career with four different career fields: munitions, personnel, postal and CAA. I've had seven assignments, and I'm working on my eighth. I speak from first-hand experiences when it comes to career options and arriving to your desired "dream job."

Once you have your aspirations and dreams clearly in sight it's time to start the research process. The first person to ask for career guidance is your supervisor and work up your chain of command. If your supervisor and chain of command can not find the answer, then it is time to give me a call, I'm here to assist both of

you find the correct answer.

Send your questions to: David.Poulin@Aviano.af.mil or call, Ext. 4480 to schedule an appointment. My new office is located behind the wing headquarters building. Remember, only after you've researched and weighed all your options, you'll be able to make an informed career decision.



Senior Airman Priscilla Robinson

Jamming

Filippo Tantino and Lino Brotto perform at the grand opening of the Bella Vista Club, Nov. 24. The new collocated club features combined dining, entertainment and separate lounges for enlisted and officers.

Information, Tickets, Travel

Upcoming tours from the Information, Tickets and Travel office include:

- Trip to Vienna Christmas Market, Dec. 18
- Wine tasting in Veneto, Dec. 18
- Trip to Munich Christmas Market, Dec. 20
- Guided Venice, includes a tour and boat ride, Dec. 20
- Special overnight trip for Christmas in Rome, includes Christmas Mass at the Vatican, Dec. 24 to 26.
- Ice Skating at Cortina, Dec. 26
- Guided Verona tour, Dec. 27
- Guided Florence tour, Dec. 27
- Special trip for New Years in Paris, Dec. 30 to Jan. 1, 2004

For more information, call Exts. 5072 or 5026.



U.S. Air Forces in Europe



*U.S. Air Forces in Europe Commander, Gen. Robert H. "Doc" Foglesong,
established the following USAFE vision, mission and goals:*

VISION

*Leading The Way For The Most Respected, All-Purpose Expeditionary
Air And Space Force In The World*

MISSION

*Ready To Fight And Postured To Respond Anywhere While Providing Superior Services To The
World-Class Men And Women Serving
In USAFE*

GOAL # 1

*Ready To Accomplish All USAFE Tasks
Full Execution Of The current Flying Hour Program*

- *Appropriate Tactics, Techniques, And Procedures (TTPs) Developed For All USAFE Expeditionary Forces*

GOAL # 2

*Postured To Support Global War On Terrorism And Other Possible
National Missions*

- *Deployments To Operating Locations In Support Of The EUCOM Strategy*
- *Improvements To Working And Living Facilities At Those Operating Locations*

GOAL # 3

Improve Services To Our Internal And External Customers

Rewards, challenges of being a shirt

By Master Sgt. Tony Legree
31st Civil Engineer Squadron

It's 2 a.m. and the phone rings. A Security Forces' voice says, "First sergeant, there's been an accident." Instantly your heart starts to pound and your mind starts to race. Who is it? What happened? How bad are the injuries? Was there alcohol or fatigue involved? Within minutes and a quick run down of details, you're on your way to the accident scene.

Time after time and without exception, you're reminded of why you became a "shirt." The excitement, the adrenaline, the responsibility, the respect, all of which take a back seat to the inherent compassion that you feel for people, your troops. In your heart, there's nothing more important than people and the struggle of day-to-day life. Being a first sergeant is demanding, and not meant for everyone. Occasionally, there are personal sacrifices that must be made. The support of your family must be unwavering, because without it, you will quickly burn the candle at both ends, become ineffective and burnt out. The toughest part about being a first sergeant is making the decision to become one. Once you negotiate that mind set, you'll cross into a world of instant gratification. You'll ask yourself why it took so long to make the decision in the first place.

Upward mobility is often a scale to success. But as a first sergeant, success is achieved at many levels. Promotion is important, but no longer the primary thrust toward being successful. Too often, great shirts get passed over for the next stripe. Competition is fierce and the Air Force recognizes that. Professional development has prompted a change to the first sergeant's career field. It is now considered a special duty, much like being a Professional Military Education instructor. Since Oct. 1, 2002, once you're approved and complete formal training, you'll be assigned to a three-year commitment, with

an option to extend. But not everyone that wants to stay will be allowed to. You must be recommended by your commander and endorsed by the wing command chief master sergeant. Air Force manning will drive the final decision.

The Air Force is aggressively pursuing master sergeants in the 13-16 year group to make the crossover and fill the vacancies. Once your first sergeant commitment is over, you'll go back to your original career field. Statistically, all returning master sergeants have been promoted to senior master sergeant with a staggering 87 percent promotion rate on their first attempt. The promotion selection boards recognize the exceptional leadership growth and "service before self." The experience you gain as a shirt and ultimately take back to mainstream career fields will only strengthen the enlisted ranks and Air Force for years to come. It's a win-win situation anyway you look at it.

To become a first sergeant you must be a master sergeant. You must also be highly motivated and have exceptional leadership and managerial skills. Additionally you must be able to obtain a minimum physical profile, be worldwide deployable and obtain 36-months retainability as of the reporting month. You must meet minimum weight and body-fat standards and have an overall image that exceeds minimum standards. You must be able to speak distinctly and have a prior qualification of a 7 or 9-skill level in any Air Force Specialty Code. Additionally, you must complete the Senior Non-commissioned Officer Academy correspondence course.

Being a first sergeant is tough. But the most rewarding challenges often are. It may be the best decision of your career. To learn more about making the change, reference the first sergeant's home page www.firstsergeant.hq.af.mil or talk to your first sergeant. Maybe then you'll be able to make the difference when someone utters the six most common words a first sergeant hears, "Hey Shirt, you got a minute?"

Warrior of the Week



Tech. Sgt. McChelle Habinyak

Unit: 31st Fighter Wing

Job title: NCOIC Wing Information Management

Hometown: Yakima, Wa.

Time on station: 3.5 years

Time in service: 16 years

Hobbies: Sightseeing, traveling, reading, snow skiing and spending time with friends

"What I like most about my Aviano assignment is just being in Italy with my family and trying to learn the language, having wonderful people to work with, making new friends and also being able to see my brother more often since he lives in Italy as well."

Kudos

"Congratulations to Ms. Jenny Morris who is a student of Texas A&M. She is recognized for being "Most Distinguished Graduate" of December 2003 class. Ms. Morris is a student teacher for Ms. Deb Williamson's 1st grade class at Aviano Elementary School."

- Juanetta Wallace
Aviano Elementary School

New to the Blue

Angel Marie Anthes was born Aug. 26 to Patricia and Senior Airman Steven Anthes, 31st Maintenance Squadron, and brother Steven, 3.

Katie Clove was born Nov. 9 to Amy and Capt. Benjamin Clove, 31st Dental Squadron.

Jordan Alexander Drakes was born Oct. 28 to Airman 1st Class Rosalie Drakes, 603rd Air Control Squadron.

Maren Erickson was born Oct. 19 to Keya and Senior Airman Eric Erickson, 31st Operations Support Squadron, and brother Ryan, 2.

Isabella Audrey Johns was born Oct. 30 to Guadalupe and

Master Sgt. James Johns, 31st Aircraft Maintenance Squadron, and sisters Alicia, 7 and Hannah, 5.

Samantha Nicole Marsalek was born Oct. 19 to Michelle Frisch-Marsalek and Tech. Sgt. Dennis George Marsalek, 31st Civil Engineer Squadron.

Abigail Catherine Monaghan was born Oct. 22 to Shannon and Staff Sgt. Jason Monaghan, 31st Communications Squadron and brothers, Owen, 5 and Ryan, 4.

Grace Ann Ryan was born Sep. 26 to Olga and Capt. John Ryan, 16th Air Force, and sister Sally, 1.





Who's the best?

Senior Airman Kelston McDonald, 31st Logistics Readiness Squadron Petroleum, Oil and lubricants flight, Chief Master Sgt. David Yungvirt and Col. Gregory Lusi, U.S. Air Forces in Europe, Tech. Sgt. Phil Altpeter and Master Sgt. Tony Williams, 31st LRS POL, participate in an inspection for the Carter Daedalian Logistics Effectiveness Award.



General inspection

Brig. Gen. Michael Worden, 31st Fighter Wing commander and Chief Master Sgt. Daniel Gill, 31st FW command chief, prepare to inspect the 31st Maintenance Squadron dorm on Nov. 24, here.

WEEK in PHOTOS

A brief look at Aviano Air Base



Improving "mu-ral"

Airman Chris Wohlfarth, Airmen Taylor Buckley, Airman 1st Class Marvin Burton, Daureen Martin and Airman Juan Pena stand in their award winning day-room. Pena painted the 31st Maintenance Squadron mural on the wall of the day-room. Day-rooms were judged Nov. 24, and winners of the day-room contest were given additional funds for their dorms.



Photos by Senior Airman Priscilla Robinson

In the club

Brig. Gen. Michael Worden, 31st Fighter Wing commander talks with Paolo Vergani and Lt. Col. Marino Nadin, Italian Air Force, at the grand opening of the new collocated club Nov. 24 on the flightline here.

Aviano AFJROTC cadets take first in UK

Teams compete, place in All-United Kingdom drill competition

By Col. Joseph Sansone and
Senior Master Sgt. Scott Siebert
Aviano High School JROTC instructors

Thirteen Aviano High School Air Force Junior Reserve Officer Training Corp cadets participated in the All-United Kingdom Drill Competition held at Lakenheath High School, England on Nov. 22.

The Saints competed against Lakenheath, SHAPE, London Central and AFNorth American High Schools. The Aviano cadets showed their drill mastery by capturing first place trophies in Inspection, Color Guard and Unarmed Exhibition categories and finished up with a hard fought third place in Regulation Drill.

In the first event, the inspection team was commanded by Cadet Major Lacey Pace and made up of cadets Sasha Goeringer, Allan Drage, Kristen Wood, Amanda Irizarry, Jessica Marso, Sal Catanese, Tanisha Williams, Kendra Gustin, Sebastian Berisford, Britney Aycox, Kassie Mangosing and Kaitlyn Vogt. During this phase of the competition, cadets were inspected for correct uniform wear and appearance, questioned on general JROTC knowledge and checked for proper military bearing.

The color guard event, also commanded by Cadet Pace, consisted of Cadets Goeringer, Gustin and Marso. Their performance of the 43 commands was near flawless and drew favorable comments from all evaluators.

The final first place trophy was won by the Unarmed Exhibition Drill Team commanded by freshman cadet Britney

Aycox. Cadet Aycox did an outstanding job commanding the drill team through a complex seven minute routine of military marching combined with a series of intricate dance steps and hand movements.

The exhibition team consisted of cadets Aycox, Pace, Marso, Gustin, Goeringer, Mangosing, Williams, and Irizarry.

The fourth event of the competition was regulation drill, a series of 39 standard drill commands. The Regulation Drill Team was commanded by senior cadet Allan Drage and consisted of cadets Pace, Berisford, Catanese, Goeringer, Mangosing, and Wood.

Cadet Drage led the cadets through the precise drill movements in an outstanding manner, keeping the team well within the tight boundaries and executing each command in proper order. The top three teams in this event were a mere six-points apart with the Saints missing second place by less than three points.

The final event of the competition was the Individual Drill Routine where all 150 cadets were given commands in a mass drill down. As cadets made errors, they were tapped out by evaluators until the last cadet was left standing. Aviano cadets Mangosing, Marso and Drage earned medals for placing third, fourth and ninth respectively.

The trophies and medals were presented to the winners by Col. John Snyder, 3rd Air Force vice commander, who thanked all the cadets for their outstanding participation and performance. The Aviano High School JROTC plans to host the All-Mediterranean Drill meet March 6 at the Aviano High School.

Focus on combat nutrition

By 1st Lt. Gretchen Reinhardt
31st Aerospace Medicine Squadron

Squadrons have started physically preparing their bodies for the new Combat Fitness Program which kicks off Jan. 1 by participating in squadron directed physical training programs, but where is the squadron directed nutrition program?

Exercise is only one part of developing and maintaining a healthy, physically fit body; the other part is the diet. Keep in mind what a person eats in a day fuels the body and helps to determine the overall level of mental and physical performance.

The secret of having a successful eating plan is balance. It is important to have a well-rounded diet which includes a balance of carbohydrates (starches, fruit, milk, and vegetables), protein, and fat every day.

The National Academy of Sciences' Institute of Medicine recommends that healthy adults consume a diet in which 45-65 percent of total energy is obtained from carbohydrate, 10-35 percent from protein, and 20-35 percent from fat.

Additionally, the food choices made every day impact health and determine how efficiently bodies operate. Some practical hints to eating right are:

- Eat a variety of foods in order to obtain all of the bodies' needed vitamins

and minerals.

- Eat at least three meals a day since eating increases the body's metabolism.
- Choose complex carbohydrates such as whole-grain products and fresh fruits and vegetables which tend to be high in nutrients and low in Calories.
- Choose low-fat products, especially when it comes to meat and dairy products.
- Remember that beverages, including alcoholic beverages, can have a lot of empty Calories.

Also, realize that a lot of food behaviors are based on habit and convenience. This is why changing how we eat is challenging. Therefore, prepare mentally and implement a strategy to change those preexisting food behaviors.

The bottom line is that food fuels bodies and minds. Ultimately, it is up to every individual to make the good food and fitness choices which will lead to a sharp mind as well as a physically fit body.

The Health and Wellness Center has programs to help teach you more about food, fitness, and behavior modification. Classes are open to all active duty, family members, and civilian personnel.

Call the HAWC at Ext. 4573 for additional information or to enroll in any of the classes.

Sports Briefs —

Volleyball players needed

A volleyball tournament is planned for February in Spangdahlem, Germany. Women and men's teams will go up to challenge other bases from other countries. Military members, family members of any age, and Italians are welcome to play.

Practices begin in December. Open gym is Sundays from 2 to 6 p.m. Call 349-5934630 or 348-0354175 for more information, or write to heather.kowalski@aviano.af.mil.

Aerobics schedule

Aviano members can check out www.31svs-aviano.com for a complete aerobics schedule. Yoga is also available.

Outdoor recreation

Aviano community members can stop by Bldg. 1479 in the flightline area for a complete list of rental equipment. Hours are 8:30 a.m. to 6 p.m. Mondays, Tuesdays, Thursdays and Fridays; 9 a.m. to 5 p.m. Saturdays and closed Wednesdays and Sundays. For more information, call Ext. 8623.